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ABSTRACT

With input and recommendations from physicians, health care professionals, and parents, this book for parents, grandparents, and child caregivers provides numerous interesting facts, pages of useful information, and listings of resources to guide and inform anyone who cares for children. Section 1, on child health care, provides a brief history of child health care and childhood over the last 200 years. This section also provides detailed discussion of the well-child doctor's visit and brief discussions of dental and eye care, and sick child care. Section 2, on growth and development, features interesting facts about growth and development beginning with the newborn and progressing through adolescence. Included are discussions of physical growth, emotional development, important milestones, and age-related safety concerns. Section 3, on nutrition, presents nutrition information for each developmental stage from prenatal through the teen years. Information on the fat in children's diets and about vegetarian diets is included. Section 4, on child safety, covers common childhood injuries and provides practical pointers for keeping the family safe. Included in this section is a home safety and room-by-room checklists to ensure that the home environment is relatively free of hazards. The final pages of each section contain resources, including helpful organizations, books, and Web sites. (HTH)

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